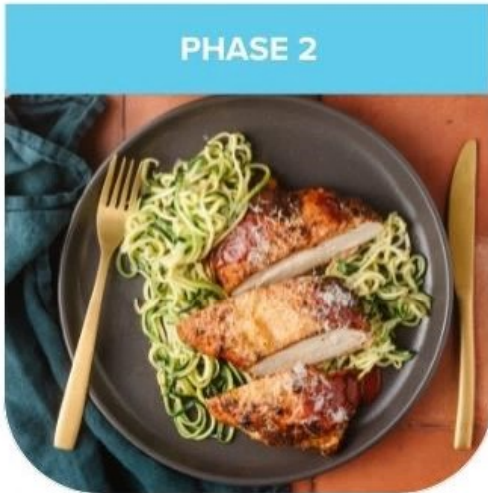


chicken parmesan with zoodles

SERVES 1 • PREP TIME: 10 MINUTES
COOK TIME: 15 MINUTES



Ingredients:

- 1 slice whole grain bread
- 1 tsp Italian seasoning
- 5-7 oz chicken breast, pounded to ½" thick
- 1 ½ tbsp Ideal Protein Tomato Soup Mix, divided
- ⅛ tsp salt
- 1 whole egg
- 1 tsp olive oil

- ¼ cup fat free chicken broth
- 2 zucchini, spiralized or cut into thin strips
- 1 tsp dried basil
- ⅛ tsp salt
- 1 tsp olive oil

- 1 oz parmesan, grated

Place a slice of bread in a small food processor and add Italian seasoning. Pulse until it forms fine crumbs. Sprinkle on a plate. Whisk egg in another plate.

Sprinkle chicken breast in with ½ tbsp soup mix and salt evenly on both sides, then coat in whisked egg and then place on the plate with the bread crumbs. Press one side in, flip and press the other side.

Preheat the oven to 425°F.

Heat a large nonstick skillet over medium-high heat. Swirl olive oil in the skillet and carefully place coated chicken in the pan. Cook for 3 minutes per side or until golden.

Meanwhile, whisk the remaining tomato soup mix with ¼ cup of chicken broth. Heat in a small saucepan, stirring until thickened. Set aside to cool. Toss zucchini in a large bowl with basil, salt, and olive oil.

When chicken is done, place on a large parchment paper-lined baking tray. Spoon tomato soup sauce over chicken. Sprinkle parmesan cheese on top of the tomato sauce.

Place zucchini around the chicken.

Bake for 10-15 minutes.